



# CITY MANAGER'S NEWSLETTER



Volume III Issue 14

April 8, 2016

## **TOURISM-RELATED FUNDING OFFERED TO WOODSTOCK NON-PROFITS**

The City of Woodstock announces their FY16-17 Hotel/Motel Tax Grant process opening. Grant Applications and Instructions are available under the City Manager's Office section of the City's website at [www.woodstockil.gov](http://www.woodstockil.gov) and the Application is now offered as a fillable form! Deadline for submission is Friday, May 20, 2016 and grant funds must be expended by April 30, 2017.

To encourage the economic stimulation that comes from tourism-related activities, the City of Woodstock applies a 5% Hotel/Motel tax to all lodging facilities located within the city limits. A designated group of "Tier I" organizations receives automatic funding annually as proven generators of overnight stays. These organizations include the Woodstock Opera House, Woodstock Chamber of Commerce, Challenger Learning Center for Science & Technology, and McHenry County Convention & Visitors Bureau (Visit McHenry County). Non-profit organizations who are planning tourism-related events and activities may submit applications to share in the remaining available funds, which varies every year. Applications are reviewed by City staff and awards approved by Woodstock City Council.

Applicants are encouraged to collaborate with local lodging establishments and promote their use by event participants in publicity materials. Available funds increase annually in proportion to the additional overnight stays generated through this type of planning.

## **WPD APRIL TRAFFIC INITIATIVE**



The **Woodstock Police Department** has announced that April's Traffic Enforcement Initiative will target both DUI and Distracted Driving violations, including Electronic Communication Device violations.

Electronic Communication Device violations include the use of headsets while driving; the use of a wireless phone, especially in a school, construction or maintenance zone; or within 500 feet of an emergency zone.

Woodstock Police Officers will conduct highly visible increased enforcement on these issues with the primary goal being to reduce the incidence of motor vehicle crashes and the possible resulting injuries or fatalities that may result from these violations.

Remember – *One text or call could wreck it all!*

For further information or questions regarding this special traffic enforcement initiative, please contact **Sergeant Rob Pritchard** at 815-338-2131 or at [rpritchard@woodstockil.gov](mailto:rpritchard@woodstockil.gov).

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## NATIONAL DRUG TAKE BACK DAY



On Saturday, April 30, 2016, the **Woodstock Police Department** will participate in the 11<sup>th</sup> Drug Enforcement Administration (DEA) National

Drug Take Back Day event from 10:00AM. to 2:00 PM in the public parking lot (east side of the building) located at 656 Lake Avenue.

Any and all prescription or over-the-counter drugs will be accepted if they are in pill form (no liquids or syringes.) You can bring in as few or as many as you have – there is no minimum or maximum. The drugs will be accepted no questions asked and will then be properly destroyed by the DEA in an environmentally safe fashion.

The service is free and your privacy is protected. You don't even have to get out of your vehicle – Officers will be on hand to assist you – you can drive-by, drop off and be on your way.

Last September, Americans turned in 350 tons (over 702,000 pounds) of prescription drugs at more than 5,000 sites operated by the DEA and more than 3,800 of its state and local law enforcement partners. When those are combined with what was collected in its 10 previous Take Back events, the DEA and its partners have taken in over 5.5 million pounds – more than 2,750 tons – of pills.

For further information, please call Tamara Reed at 815-338-6787 or visit [www.dea.gov](http://www.dea.gov).

## TWEEN NIGHT AT THE RECREATION CENTER

The Recreation Center was filled with over 35 tweens last Saturday night for the monthly *Tween Night at the Rec* event. Tweens, in grades 5<sup>th</sup>-8<sup>th</sup>, are invited on the first Saturday of the month for open gym, walleyball, swimming and other activities from 6:30-8:30PM for a \$4 drop-in fee. The event was organized by **Program Coordinator Alan Dunker**.

We will have one more Tween night at the Recreation Center May 7. Tween nights will be offered during the Summer at Woodstock Water Works on Wednesday nights starting June 1<sup>st</sup> from 8:15 – 9:30PM. This program is free for pool pass holders or \$3 at the front counter.

## MAYOR TO EMCEE REC DEPT SPRING DANCE RECITAL



**Mayor Sager** has agreed to emcee the **Recreation Department's** Spring Dance Recital on Wednesday, April 20th at WHS. Program Coordinator **Renee Torrez**, the dance instructors, and volunteers are finishing up preparations for a successful night.

Pictures were taken 2 weeks ago during the twelve dance classes by DeWane Studio and will be distributed at the dress rehearsal on Tuesday, April 19th to all the dancers.

Tickets are on sale now at [www.seatyourself.biz](http://www.seatyourself.biz). The ticket prices are \$5 for adults and \$2 for children 12 and under. Tickets may be available at the door, depending on pre-sale ticket numbers. As in past years, a full house is anticipated!

## ***PLAY BALL!***

The beginning of the local baseball season has arrived! This means the Parks and Facilities Division has begun its continuous evaluation of the City's sixteen baseball and softball fields for safety and maintenance concerns.



Milder temperatures during the first week of March, allowed the Division to complete its start-up maintenance on the Dream Field in Emricson Park. Approximately two weeks later, the WHS Varsity baseball team hosted Richmond-Burton for its first game on Thursday, March 17<sup>th</sup>. The Dream Field is the center of attention at Emricson Park and has always been a high priority, not only because of its location but also because of the level of play it hosts.

Since that first game, the Division has experienced weather- related challenges to its spring maintenance. Throughout the end of March and beginning of April, Woodstock has experienced periods of snow, sleet, rain, and hail, along with freezing temperatures. These conditions have slowed down field maintenance and limited the availability of product used to maintain the infields and warning tracks.

Despite these setbacks, the Division will prepare the various City sports fields approximately 1200-1400 times during this upcoming season. Division employees appreciate the routine praise they receive, as well as the participation of those assisting with field maintenance throughout the season.

Residents are encouraged to contact the Department of Public Works with any questions they have regarding field conditions at [pwdept@woodstockil.gov](mailto:pwdept@woodstockil.gov) or (815) 338-6118.



In the past, the City of Woodstock partnered with MCCG (McHenry County Council of Governments) to auction surplus equipment, vehicles, and confiscated items. Auctions occurred once a year during the fall and relied on a traditional bidding process at the McHenry County Fair Grounds. Equipment, vehicles, and confiscated items deemed surplus after the auction were stored outside until the following fall auction date.

Recently, the City collaborated with GovDeal.com to sell its surplus items through an on-line auction process. Items are posted throughout the year as they become available, increasing the City's flexibility. The first sale utilizing the auction service exceeded the City's revenue expectations by expanding its selling audience and minimizing costs and staff time as compared with the previously used "traditional" bidding process.

City of Woodstock auction item highlights include:

- 2005 Chevrolet Silverado 2500HD (Bidding ends: 04/12/16)
- 2002 Chevrolet Express 2500 (Bidding ends: 04/14/16)
- 2003 Chevrolet S10 Pickup (Bidding ends: 04/15/16)
- 2008 Ford Crown Vic (Bidding ends: 04/11/16)
- (3) Used leaf vacuums (Bidding ends: 04/14/16 & 04/15/16)

For more information on the City's listed items and register to bid, please visit [www.GovDeals.com](http://www.GovDeals.com), and search "Woodstock".



## **HR NEWS**

Effective April 1<sup>st</sup>, **Wayne Baker** transferred to his new position as **Laboratory Manager** in Wastewater Treatment.

## **RECRUITMENT**

**Full-Time Water Meter Technician I – Public Works Department:** Interviews for chosen qualified applicants for the full-time Water Meter Technician I position were held on Tuesday, April 5<sup>th</sup>. Information on the position will be released shortly.

**Summer Seasonal Positions- Deadline Extended:** The City of Woodstock is accepting applications for Summer Seasonal Positions with the Woodstock Recreation Department and Public Works Department as outlined below:

- **American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides:** These positions provide safety and instruction to swimmers at Woodstock Water Works. Work shifts will include days, evenings and weekends, dependent on pool attendance and weather. Lifeguards ensure the safety and health of all pool patrons, while WSI Instructors and Aides provide proper instruction/teaching for all City of Woodstock Recreation Department swimming lessons. Minimum age is 16. **Candidates must attach copies of certification to application, or must show proof of certification by program orientation date in late spring.** Pay rate to be determined, but will be at least: \$8.46/hour (Certified Lifeguards); \$8.67/hour (Certified Instructors); \$8.25/hour (Aides). **Application Deadline: Friday, April 8, 2016 at 5:00PM**
- **Public Works Seasonal Maintenance Workers:** These temporary positions perform various manual unskilled and semi-skilled tasks in the maintenance of City streets, parks and sewer/water utilities. Positions work under the direction of Superintendents and/or Foremen for the respective divisions of the Public Works Department. These positions work 7:00AM – 3:30PM., Monday - Friday during the specified time period. Parks positions generally begin in late April/early May and run through August, while other divisions generally begin in June. **Must be age 18 or over with a valid IL driver's license and good driving record.** Previous construction, landscaping or maintenance experience is preferred. Pay rate to be determined but will be at least \$8.46/hour. **Application Deadline: Friday, April 8, 2016 at 5:00PM**

**Dual Department Office Assistant (Full-Time) – City Manager's Office and Woodstock Opera House:** The City of Woodstock is accepting **electronic** applications for the position of **Dual Department Office Assistant** with our City Manager's Office and Opera House. The purpose of this position for the City Manager's Office is to provide routine, supportive and clerical services, receive the public, provide customer service, answer the phone and provide administrative support to the department. The purpose of this position for the Opera House is to assist with administrative functions, maintain records and provide clerical support in operating a performing arts center. The work is performed under the supervision of the Managing Director. This is a full time position working M-F, 8:30AM – 5:00PM. The position is a split-position working approximately half of its scheduled hours in each of two departments; the City Manager's Office and the Opera House business office. Starting salary for this role is \$16.00 - \$20.00/hour dependent upon qualifications, with eligibility for a full benefits package for group insurance, benefit time, IMRF retirement benefits, and more. **Application Deadline: Friday, April 15, 2016 at 5:00PM.**

**Facility Workers (Limited Part-Time) – Woodstock Opera House:** The City of Woodstock is accepting **electronic** submissions for the position of limited part-time **Facilities Worker** with the Woodstock Opera House. Examples of duties, many of which are physically strenuous, are: assisting in the cleaning of the building, including vacuuming, floor mopping, trash removal, washing windows and cleaning surfaces; assisting with routine maintenance of building systems; assisting with building repairs, preservation, restoration and remodeling projects; assisting patrons with customer service; and other related duties as assigned. This limited part-time position will work approximately 12-16 hours per week, mostly weekdays, with evening hours possible. Starting salary for this role is \$9.57 - \$24.75/hour dependent upon qualifications; no additional benefits are provided. **Application Deadline: Friday, April 15, 2016 at 5:00PM.**

Please refer to the City's website at [www.woodstockil.gov](http://www.woodstockil.gov) and click on the Jobs section for further details and the application process on the above opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

## ***MEETINGS NEXT WEEK***

Monday, April 11-ZBA, 7PM, Council Chambers

## Quotation

I can resist everything except temptation.

Oscar Wilde

### **Want to Start to Get Healthy with an Exercise Program?**

City of Woodstock employees receive an employee discount at the **Woodstock Recreation Center. The initiation fee is waived! Executive membership is \$35 per month. Full membership is \$25 per month.** Try a week for free! For more information, contact Mary Lynn Lisk or Renee Torrez at 815-338-4363 or visit [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com) for more information.



## 10 FOODS THAT GIVE YOU ENERGY



Tired of being tired all the time? Skip the second (or third) cup of coffee and start noshing on food. Real food. That's your ticket to all-day energy: "A combination of carbohydrates, protein, and healthy fats provides the body with the nutrients and energy it needs," says QualityHealth's Nutrition expert Alison Massey, RD, CDE, LDN, MS, Director of Diabetes Education at Mercy Medical Center in Baltimore.

Here's how these important nutrients work:

**Carbohydrates**, as the primary fuel source for the body, provide quick energy. Opt for complex carbs like peas, beans, whole grains, and vegetables, which also deliver the vitamins, minerals, and fiber important for overall health. Simple carbs found in fruit, milk, and other dairy products are fine, but limit the simple carbs found in processed foods like cake, candy, and soft drinks, as well as the sugar you put in your coffee.

**Protein** is important for energy when carbohydrates are not available in the body; it also helps with tissue repair, immune function, and making essential hormones and enzymes.

**Fats** are the most concentrated source of energy, and play a vital role in helping us absorb fat-soluble vitamins (like vitamins A, D, E, and K) and maintaining cell membranes.

It's important to eat balanced meals and snacks, but some choices are smarter than others when it comes to lasting energy. Here are 10 of your best bets:

1. **Whole Grain Cereals** - High in dietary fiber, which can help slow the breakdown and absorption of sugar, whole grains also contain B vitamins and minerals. Adults should eat 5 to 8 servings of grains per day, half of them in the form of whole grains. (A serving is 1 slice of bread or cup of cereal, or ½ cup of cooked rice, pasta, or cereal.)

*Whole grain cereal not only starts you on your way, it provides nearly all of your daily vitamins and minerals. Add some milk or yogurt for extra protein.*

2. **Oatmeal** - Oatmeal has been shown to lower cholesterol, and oat products are also some of the best sources of soluble fiber, according to the Academy of Nutrition and Dietetics. There are two types of fiber, soluble and insoluble, and we need both. Soluble fiber, found in oats as well as nuts, seeds, beans and peas, helps slow digestion and absorption of sugar to keep blood sugar and energy levels consistent. Add milk or yogurt to oatmeal for extra protein, or drizzle with honey.
3. **Green Juice** - Drink your spinach! The leafy green is an excellent source of iron, folate, and vitamins A and K. Like other leafy greens, spinach also provides fiber, magnesium, and calcium. Iron carries

*oxygen throughout your body so cells can produce energy. When your body is low in iron, you may feel fatigued and weak.*

4. **Kiwi** - *Kiwis are a good source of both potassium, which is necessary for muscle health, and vitamin C, which helps you absorb iron. And it's quite tasty, too. Slice kiwi in a fruit salad, layer in a yogurt parfait, or add to a tropical salsa.*
5. **Salmon** - *This fish is not only high in protein, but its high concentration of omega-3 fatty acids and vitamins B6, niacin (a.k.a. vitamin B3) and riboflavin (B2) help your body convert food into energy. What's more, the omega-3's in the fatty fish benefit the heart and the brain. The American Heart Association recommends two to three servings of fatty fish per week.*
6. **Beans** - *The Dietary Guidelines for Americans recommend eating three cups of legumes each week. Your options include kidney, pinto, black, lima, and garbanzo beans; black-eyed and split peas, and lentils. All are excellent sources of plant protein, fiber, and other energy-boosting nutrients like iron and zinc. Even better, beans are very versatile: They can be added to soups, burritos, pastas, and pureed to make healthy dips and spreads.*
7. **Almonds** - *The nutrient-dense nut is high in protein, manganese, copper and riboflavin, which all help release energy from proteins. Eating just one ounce (approximately 23 nuts) a day provides an significant amount of vitamin E and magnesium, which helps the body build bone and release energy from muscles. Indulge accordingly!*
8. **Greek Yogurt** - *Thicker and tarter than other kinds of yogurt, the combo of protein, fat, and carbs in this super-healthy dairy product (along with its lower sugar content) will give keep your energy levels even. Buy plain yogurt and add fresh fruit and granola or drizzle with honey for breakfast or a snack.*
9. **Brown Rice** - *Brown rice contains the healthiest part of the grain, the bran, which provides fiber (and has been removed in white rice). Fiber not only slows digestion, but also slows the absorption of sugars, which keeps blood sugar—and energy—levels even. This whole grain is also rich in manganese, a mineral that helps you produce energy from protein and carbs.*
10. **Edamame** - *Not only are soybeans fun to eat, the legume also contains fiber, complex carbs, and healthy fat, not to mention 6 grams of protein per 2/3 cup. Another way these beans helps up energy: They're rich in magnesium and B vitamins. Snack on them, or toss in a salad or stir-fry.*



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